



## Summer 2                      KS1 PE (REC-Y2)

### Half Termly Planner

#### Name of Topics: Athletics (Running, Jumping, Throwing and Relays)

NC: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

	1	2	3	4	5	6
Dates	Running and Jumping	Throwing and Catching	Running and Jumping	Throwing and Catching	Running and Jumping	Throwing and Catching
PE	<b>WALT:</b> Develop our running style and technique <b>S4S:</b> Change of speed Turning and dodging RPS Hop and jump	<b>WALT:</b> Improve our variety of throws and catching techniques <b>S4S:</b> Dodge and evade Throw with accuracy React, catch and throw	<b>WALT:</b> Co-ordinate our jumping with our running <b>S4S:</b> Spatial awareness with quick reactions Accelerate and turning with power Coordinate a triple jump with length	<b>WALT:</b> Understand getting into line and flight trajectory <b>S4S:</b> Quick throws, safe catching Throw for distance-knockout game	<b>WALT:</b> Keep speed and momentum in our movement <b>S4S:</b> React and run to a catcher Jumping for distance and height Two feet One foot	<b>WALT:</b> Play competitively and understand different throwing game rules <b>S4S:</b> Juggling scarves and balls Rebound and react Games with a bounce and no bounce